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Celebrity Pg14

Miley sort of sorry for mocking stars

Narcotics, hot goods seized after cop chase

TRACEY TONG
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Gatineau police seized "a large quantity of narcotics" and stolen goods after chasing a stolen car and arresting two men early yesterday morning.

Police responding to a 3 a.m. alarm at a 195 Atmosphere Road pharmacy seized a quantity of narcotics and stolen goods worth thousands of dollars after chasing a stolen vehicle and pursuing one suspect who tried to run away.

The two suspects, both Gatineau men ages 29 and 34, face a number of charges and will appear in Gatineau court at a later date.

The incident began when police responding to the pharmacy alarm spotted a suspect vehicle in the area and intercepted the car on Allumettiere Boulevard, said Gatineau Police Const. Isabelle Poirier.

After learning the vehicle was stolen, the officer directed the driver to get out of the car. The driver complied, but the passenger then moved into the driver's seat and drove away.

A second officer chased the vehicle.

"After a few minutes, the suspect stopped the car and ran away on foot," said Poirier. "The officer ran after him and stopped him and arrested him.

Ottawa Locks **Rideau's keyholder**

TRACEY TONG/METRO OTTAWA

Operator Nick Wright opens the Ottawa Locks on the Rideau Canal yesterday, below the Chateau Laurier. About 3,000 boats move through the Rideau Canal every season and this year more are expected as the first-ever celebration of the canal's recent UNESCO World Heritage Site designation — the Rideau Canal Festival — runs Aug. 1-4.

Isotopes supply at risk: Docs

Report urges Ottawa to replace Chalk River reactor

The federal government must take action to safeguard the supply of medical isotopes after last year's shutdown of a Chalk River reactor left Canada's medical community "teetering on the brink of disaster," a new report says.

Senior nuclear doctors — convened to advise the government during last year's crisis — are urging Ottawa to look at replacing the aging nuclear reactor in Chalk River, northwest of Ottawa, that now supplies 50 per cent of the world's supply of isotopes.

Finding a replacement reactor has become more urgent now that the Atomic Energy of Canada Ltd. (AECL) decided in May to scrap work on the Maple reactors that were designed to replace the Chalk River facility.

"The Maples were the answer and I'm quite disappointed that the government has made the decision," said Dr. Douglas Abrams, one of the report authors who works at the University of Alberta's Cross Cancer Institute.

"That really would have secured the radio-isotope supply for the world," he said.

In a report released yesterday, the nuclear doctors write how they were in the dark when the Chalk River nuclear reactor halted production of medical isotopes late last year, a critical oversight that put patients at risk. Doctors say they were forced to delay diagnostic and treatment procedures for patients across the country when the supply of isotopes dried up last December.

And not knowing how long the isotope shortage would last, they were forced to decide whether to proceed with other procedures for their patients that carried more risk or would be less accurate.

"For patients with serious and often life-threatening conditions, the lack of certainty was chilling," says the report, prepared by the group of health experts called to advise Health Canada after the crisis had set in.

Atomic Energy of Canada Ltd. shut down Chalk River on Nov. 18 for routine maintenance. But the shutdown was unexpectedly prolonged after an inspection found that mandatory safety upgrades had not been done. TORSTAR NEWS SERVICE

Shutdown

- Yesterday, a separate report blamed the Nov. 18 shutdown of the Chalk River reactor on poor communication and unclear licence conditions.

Canadians leery of 'green' labels: Survey

CLAIMS About 80 per cent of Canadians say they think of the environment when making a purchasing, but most think companies' "green" claims are just a marketing ploy, a survey released yesterday found.

Seventy-five per cent of 1,500 surveyed by the Gandalf Group on behalf of Toronto advertising agency Bensimon Byrne said they were cynical about environmentally friendly claims. As well, 85 per cent said they want regulated standards for producers and labelling that certifies and explains terms such as "organic" and "low emissions." REUTERS

Ottawa page 3

Pro fighter out of coma

Health page 11

Write off the pounds

Money page 7

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City solicitor says special constable liability 'nominal'
Special constables on transit lines and university campuses pose a "nominal" legal liability for Ottawa Police, but the city is mitigating risk through selection procedures and contracts, says city solicitor Rick O'Connor. Police Chief Vern White recently worried that the special constable program posed a liability risk for police who train them. OTTAWA POLICE

Ottawa

Beaches get thumbs up

Two Ottawa beaches reopened yesterday after being closed due to high bacterial counts over the weekend. Petrie Island and Westboro beaches re-opened after being closed Saturday and Sunday. All four Ottawa beaches are now open with lifeguards on duty from noon until 7 p.m. daily. METRO OTTAWA

Beaten pro fighter out of coma

Police viewing hotel surveillance video for clues into weekend swarming

TRACEY TONG
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A 28-year-old mixed martial arts fighter awoke from a coma yesterday as Gatineau police planned to review surveillance videos from the hotel where he and others were swarmed, Tasered and beaten on Sunday.

The victim — who was Tasered and beaten by up to nine men — regained consciousness yesterday, according to Gatineau police.

"He seems to be OK," said Constable Isabelle Poirier.

The victim is suffering from serious but non-life-threatening injuries and remains in a hospital in Hull.

Although police are waiting to speak with him, there is still a long list of people, including witnesses and victims, to interview, said Poirier.

A total of seven men were injured after the group of men entered a hotel room at the Best Western Cartier on Laurier Street at 4 a.m. Sunday and Tasered, kicked and beat the victims with broken bottles and their fists, seriously injuring three men.

Two of the injured had been participants at a mixed martial arts tournament held at the Robert Guertin Arena Saturday night. Another man was the event's promoter.

The Best Western Cartier is in the process of handing over surveillance tapes to the police, said the hotel's general manager Martin Fogarty.

Because the police investigation is ongoing, Fogarty declined comment on how many tapes are being handed over and what exactly was caught on tape.

He said that on Sunday morning, staff members heard complaints from other guests that a commotion had started in the room. When staff learned what happened, they called police.

The occupants of the room "were having a party with the promoters, fighters and the winning people," said Fogarty.

They had left the door to the room open and there was no forced entry.

By the time police arrived, the suspects had fled.

Police said the victims did not know their attackers.

Easy stun guns concern cops

Questions are being raised about the availability of stun guns to the general public after a brutal beating involving a Taser at a Gatineau hotel room put one man in a coma early Sunday morning.

"Here at the Gatineau police, we are afraid about that because we don't want to see people in possession of prohibited arms. We cannot have this, so we take this very seriously," said Const. Isabelle Poirier of the Gatineau police.

Although it's illegal to purchase or sell a stun gun in Canada, a simple search on Google or EBay shows many of the devices available to online buyers from sellers outside the country.

While many of those postings have shipping restrictions to Canada, one source said it was "very easy to buy a stun gun off EBay." CTVOTTAWA.CA

City scientist makes new stride in Parkinson's

STUDY An Ottawa scientist says he's made an important development in the search for a cure for Parkinson's disease.

Dr. Michael Schlossmacher says he's found a link between the production of a protein in the brain that's found in patients who have Parkinson's disease, and a gene that causes high levels of iron in the same area.

Schlossmacher says his research has found a way to address the protein — something that can hopefully lead researchers to a cure.

The study was published in the Proceedings of the National Academy of Sciences yesterday. CTVOTTAWA.CA

News in brief

ROBBERY A lone male robbed a Sugar Mountain candy store downtown yesterday afternoon. There were no injuries. Police say he might have had a knife as a weapon. METRO OTTAWA

metronews.ca
What's online today.

Read a new column on intelligent investing by Allan Small, FMA
Watch video of nationwide protests against Air Canada's recent cuts
Check MetroTube of the Day for a look at the wackier side of ComiCon
Play online Sudoku!

TIM WIECLAWSKI/METRO OTTAWA

Wayne Van De Graaff, executive producer of Carnivàle Lune Bleue, stands at the carnival entrance set up at the Kars Fairground yesterday. The 1930's carnival is set to open on Aug 1.

Vintage eye guides city carnival

TIM WIECLAWSKI
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"This is absolutely not the Super-Ex," said Wayne Van De Graaff, standing in the middle of the Kars Fairground yesterday.

It was wet and muddy, but dozens of workers were slogging through the weather yesterday to set up Carnivàle Lune Bleue —an authentic 1930s-style carnival and the culmination of Van De Graaff's long-time dream "to bring something back that was so wonderful" to today's public.

Everything to do with the carnival has been designed to represent a 1930s, dust bowl-era carnival as accurately as possible, he said. People working the event will be dressed in period costume and even the management trailer is a re-creation of a 1930s boxcar wagon.

Van De Graaff, a city entrepreneur, is funding the event and has taken pains to make everything authentic to a carnival of yesteryear, including a vintage Ferris wheel and a sideshow.

"The minute you walk through the gate — it will be night time, so we'll have the string lights and the Ferris wheel lit up — people will see the entire grounds just the way it would be if it was the 1930s," he said.

There is also a museum tent featuring carnival memorabilia and artifacts from the 1930s. And all food served at Lune Bleue will be similar to what was available at traditional carnivals.

"They were places where the townies could have fine dining. It wasn't hog dogs, corn dogs, hamburgers it was nice fare and that's what we're bringing back," he said.

The main attraction is the clown and acrobat presentation, Cirque Maroc, which was created for Carnivale by two families trained by Cirque du Soleil and Ringling Brothers.

Carnival Diablo carries on the circus sideshow tradition with sword swallowers, a fire-eater, a strong man and other performers.

Van De Graaff set up at the Kars Fairground because old-time carnivals traditionally took place at the edge of town. The vintage carnival opens Aug. 1 and runs for a month.

antique rides

- Between shows people can ride a 1938 Alan Herschell Carousel, or a 1917 Ferris wheel that Van De Graaff purchased and trucked up from Florida.

Gang member deported to Rwanda

BORDER AGENCY A 27-year-old member of an Ottawa street gang has been deported to Rwanda, under escort by border agency officers.

Remy Maliragora, 27, a member of the Ledbury-Banff Crips gang, had been convicted of several criminal offences, including assault, possession of a stolen vehicle, carrying a concealed weapon, uttering threats, forcible entry and others. He was deported Sunday, the Canada Border Services Agency reported yesterday.

He is the second member of Ottawa's Ledbury-Banff Crips street gang to be deported this year. In January, CBSA officers also returned Sharmarke Ali, 23, to Ethiopia. METRO OTTAWA

News in brief

DEATHS A major crime unit is investigating after a man and a woman were found dead in the Outaouais region early yesterday morning. Surete du Quebec Const. Melanie Larouche said that at 4:15 a.m. Monday, police received a call from neighbours concerning noises around a house in Waltham. A man and woman, with no vital signs at the scene, were brought to hospital in Fort Cologne. Surete du Quebec has called Montreal police to investigate the deaths, which are considered to be suspicious. Police said autopsies would be ordered.

TRACEY TONG/METRO OTTAWA

Funeral for slain soldier in Winnipeg
The private funeral for Canadian Forces Cpl. James Arnal, killed July 18 while serving in Afghanistan, took place Monday afternoon in Winnipeg and has attended by hundreds. Arnal was killed by a roadside bomb while on foot patrol in Kandahar. SOURCE: CBC NEWS ONLINE

Canada

"Right now I'm not even sure what it was"
Helen Pahpasay speaking about seeing what she describes as a dark creature that walked upright and stood nearly eight feet tall.

Sighting

Two Ontario women say they saw what might have been the legendary sasquatch in northwestern Ontario last week. The pair took a plaster cast of giant footprint for analysis.

Shooting of 2 Afghan kids sparks probe

Canada will investigate why its troops opened fire on a car in southern Afghanistan, killing two small children, Defence Minister Peter MacKay said yesterday.

He noted, however, that earlier probes into similar civilian deaths had always absolved the soldiers involved.

Military officials say a two-year-old boy and his four-year-old sister died when the troops blasted a car approaching their convoy in Kandahar province Sunday.

They said the driver had ignored several warnings to stop.

MacKay said Canadian soldiers were working in "tough, trying and intense circumstances" and often had to deal with attacks from Taliban militants hiding among civilians.

"When these tragic circumstances arise, we always take the important time to investigate what took place. There are rules of engagement followed by Canadian, followed by NATO soldiers," he told reporters in Ottawa.

"In each circumstance where this type of very unfortunate tragedy occurs, Canadians have been found to have followed those rules of engagement," he said.

Canada has 2,500 soldiers based in Kandahar.

REUTERS

more troops going to Afghanistan

Speaking earlier in the day, MacKay said Canada would send an extra 200 troops to Afghanistan to maintain and operate unmanned aerial surveillance vehicles and helicopters

Green groups press Ontario to call for caps

EMISSIONS Ontario should use its new membership in the Western Climate Initiative to push for stringent caps on greenhouse gas emissions, environmental groups say.

The members of the cross-border initiative — four provinces and seven states — meet today in San Diego to discuss the proposed greenhouse gas cap-and-trade system.

Cherise Burda

"It is not as strong as we hoped it would be," Pembina Institute's Cherise Burda said of the draft plan released last week.

The system involves establishing a cap-and-trade market where greenhouse gas emitters who can't meet their cap targets buy emission credits from those below the bar. The intent is to encourage efficiency and conservation by rewarding industries that get below the cap and adding costs to high polluters. A competitive polluter-pay principle is a good one, but caps are too high and the timeline too long, say WWF-Canada, the David Suzuki Foundation and Pembina.

TORSTAR NEWS SERVICE

Air Canada **Flight attendants protest job cuts**

RAFE ARNOTT/METRO CANADA

Flight attendant Daisy L., who would not give her full last name, hoists the CUPE flag during a march along Miller Road near YVR yesterday. More than 200 flight attendants and their supporters rallied in Vancouver to protest looming job cuts announced by Air Canada. Similar protests took place at airports across Canada yesterday. For video of the protests, visit metronews.ca

Mexican children learning faster than Canadians: Study

EDUCATION Mexican children in poorer areas of Monterrey are further ahead in kindergarten than the average Canadian kid, says new research led by renowned expert Dr. Fraser Mustard.

Federal authorities in 1990 implemented a system of programs called CENDI (the Spanish acronym for Centres for Early Childhood Development) in Monterrey — an industrial city roughly the size of Toronto — that provided community supports to low-income households from the time of pregnancy through to the child's arrival in preschool.

A new study shows Canadian kids trail Mexican children in early development.

The programs are similar to what Mustard has long been advocating for this country, as research has confirmed how vital early development is to a child's growth into adulthood.

TORSTAR NEWS SERVICE

Tories shelling out for ads

MILITARY Persuading Canadians to join the military and fill out their census forms contributed to a big spike in advertising costs for the federal government last year.

17.6
The amount in millions of dollars the defence department spent on its campaign to recruit more soldiers.

A new report reveals that Ottawa's spending on advertising more than doubled in 2006-2007, the first year the Conservatives were in power.

The report by Public Works, titled "Engaging and Informing Canadians," says federal departments spent $86.9 million on radio, TV and print ads during that period, up from $41.3 million in 2005-06 when a moratorium on new spending was in effect. The report, to be released this week, cites the defence department's aggressive effort to add thousands of new soldiers as one of the biggest spenders

TORSTAR NEWS SERVICE

News in brief

TASERS Saskatchewan police chiefs say they don't fully agree with a decision by the provincial police commission to hold off on expanding the use of Tasers. The police commission said last week it won't allow stun guns to be distributed to municipal forces until questions about the device's use and safety are answered.

CLIFFORD OLSON Public Safety Minister Stockwell Day has called for a probe into how personal prison items from Clifford Olson wound up for sale online. Letters, legal documents and other items belonging to the notorious serial child killer are available on an U.S.-based webiste www.murderauction.com.

DION Conservatives questioned Stéphane Dion's ability to handle the country's finances after Elections Canada released repayment schedules for $1.48 million in candidate loans from the 2006 Grit leadership campaign. Dion was one of nine candidates who had not finalized his payments.

METRO NEWS SERVICES

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the Bay

WWW.THEBAY.COM

Libyan police make large drug bust

Libyan police have seized 50 kg of heroin, the second largest seizure of such drugs in Africa, Libya's Interior Ministry said yesterday. The heroin was discovered in the southern desert town of Wahat, known for its oasis palm groves. REUTERS

World/Business

No full peace deal this year: Olmert

ISRAEL Prime Minister Ehud Olmert told Israeli parliament yesterday a full Israeli-Palestinian peace accord that includes Jerusalem was not within reach this year, but said differences over borders and refugees were bridgeable.

U.S. President George W. Bush had urged both sides to sign a "peace treaty" before he leaves office in January, without offering details about what that deal should entail.

But Olmert, in remarks released by parliament after a closed-door hearing, said Jerusalem was too contentious an issue to be resolved this year.

Army execution to be first in 51 years

U.S. President George W. Bush yesterday approved the death sentence of an Army private convicted of murder and rape in 1988, becoming the first U.S. president to approve a military execution in 51 years.

Bush signed a request by the military that Ronald Gray be put to death following his court-martial conviction 20 years ago on multiple charges of murder and rape. REUTERS

News in brief

EXTRADITION A Thai court postponed a hearing yesterday to extradite suspected Russian arms dealer Viktor Bout to the United States because his lawyer was absent, a prosecutor said.

HUMAN RIGHTS The UN General Assembly yesterday unanimously confirmed South African judge Navanethem Pillay as the world body's new human rights chief, and activist groups urged her to be tough in her new post. Pillay will succeed outspoken Canadian Louise Arbour. REUTERS

REUTERS/OSMAN ORSAL

Relatives of a victim of the bomb blasts cry during the funeral ceremony in Istanbul yesterday. The death toll in two bomb blasts in Istanbul rose to 17 yesterday in an attack that sharply increased tension as Turkey's top court began deliberating on whether to ban the governing party.

Ruling Turkish party may get shut down

Court looks at AK Party after bomb attacks

Turkey's highest court began considering yesterday whether to shut down the governing AK Party for Islamist activities against a background of tension following two bomb attacks in Istanbul over the weekend.

The blasts killed 17 people and wounded more than 150 on Sunday, hours before the Constitutional Court was set to look at the case. Five of the dead were children, Istanbul Governor Muammer Guler said.

"We have been fighting terror for 30 to 35 years. This fight will continue until we win it," Prime Minister Tayyip Erdogan told residents at the site of the blasts in a working-class neighbourhood on the European side of Istanbul.

"Today is a day for unity," Erdogan said.

In the emotionally charged aftermath of the bombings, the Constitutional Court began examining whether the AK Party had engaged in Islamist activities and should be closed. The party denies the charges and a ruling is expected in early August. REUTERS

Power struggle

- The court case is linked to a long-running power struggle between Turkey's secularist establishment and the Islamist-rooted AK Party, which are at odds over the direction of the officially secular, but predominantly Muslim country.

Karadzic to be smuggled out of Serbia

WAR CRIMES The transfer of Radovan Karadzic to the war crimes tribunal in the Hague will be carried out covertly to avoid media attention and planned protests by nationalist supporters of the former Bosnian Serb leader.

Karadzic, who faces charges of genocide during the 1992-1995 Bosnian war, was arrested last week in Serbia after 11 years on the run. He is now being held in a Belgrade prison awaiting extradition.

Security service sources say there are dozens of options for moving him unobtrusively, involving disguised vehicles, secret exits, dawn transfers and decoy motorcades to fool the television crews staking out the prison, court and airport. REUTERS

Arrest protested

- Hundreds of people gathered to pray for Radovan Karadzic across the Serb half of Bosnia on Saturday, holding vigils inside churches or marching in protest of his arrest for war crimes.

Business

BCE slashes 2,500 jobs in bid to save $300M

COSTS BCE Inc said yesterday it will slash 2,500 management jobs at its main Bell Canada phone unit to clamp down on costs as it gets ready to go private in the world's biggest leveraged buyout later this year.

The cuts amount to about 15 per cent of Bell Canada management. They include a 30 per cent reduction in executive jobs announced earlier this month.

The cuts, combined with other reductions the company made earlier this year, are expected to generate annualized savings of about $300 million.

"It was just a top-heavy structure and I think this kind of puts it more in line with what it should be in order to work more efficiently," said Troy Crandall, an analyst at MacDougall, MacDougall & MacTier. REUTERS

Going private

- Montreal-based BCE is being taken private in a $34.8 billion buyout led by the Ontario Teachers Pension Plan and a group of U.S. private-equity firms.

Canada seen as more tax-friendly

C10DATELINE Canada's tax system is more business-friendly than the tax regimes in many other countries, including the United States, despite a long-held reputation to the contrary, says a KPMG report.

Canada has the third-lowest business tax costs among 10 countries, trailing Mexico and Netherlands, but beating out the United States and Britain. REUTERS

In brief

GM PLANT The Canadian Auto Workers has reached a deal with General Motors that will keep the Oshawa truck plant open for the life of the union's contract, incentive packages and two new vehicles for the adjacent car plant.

SEARCH ENGINE Cuil Inc., pronounced "cool," a start-up by former star Google engineers, is offering a new search service at cuil.com that aims to outdo the Internet search leader in size. REUTERS

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SmartCookies

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First off, make a list of the reasons why you deserve a raise: Letting your boss know how you have increased the company's bottom line is probably the most effective approach.

If you are reading this article at work, you might want to shield it from the boss. This week, it's all about getting paid what you're worth.

Now, we realize that it can be tough sometimes to approach your employer to ask for a raise. But, if you know what to say, how to say it and when to say it, then you have a far better chance of walking out of the office pumping your fist (discreetly, of course!), as opposed to hanging your head and playing out dramatic scenarios of how you would quit.

First off, make a list of the reasons why you deserve a raise. These reasons have to be based on facts and not based on emotions.

Letting your boss know how you have increased the company's bottom line is far more effective then explaining that you really want to buy a house so you will need to make more money. Think about ways you have gone above and beyond your responsibilities. Have you received any positive feedback from others that you can reiterate to your boss, how have you demonstrated commitment to the company and why would they not want to lose you?

Then, take a minute to figure out what exactly you want the outcome to be. You should be open to negotiating but you should also have a clear idea as to what it is you are looking for.

Are you looking for a percentage wage increase or a specific amount? Or maybe you would be happy with a week or two extra vacation in lieu of a raise or a flat out fee? Whatever it is, be clear and realistic.

"You could also do a little research online to see what other companies similar to yours are offering potential employees with a similar responsibility list."

We suggest approaching colleagues that you feel comfortable with and asking them what they are making (it worked for one of us). You could also do a little research online to see what other companies similar to yours are offering potential employees with a similar responsibility list.

Then schedule a time to sit down with your employer. When you are finally face-to-face, take out that trusty piece of paper (it's ok to bring with you!) and present the facts. Keep a cool head and be confident, after all — you deserve it!

Be open to negotiating and if your boss needs to take some time to think about it, set another time to meet before leaving the office. And if you don't get exactly what you were looking for, ask what you can do to ensure that you will get there in the very near future. Then send us an e-mail to *smartcookies@metronews.ca* to let us know how you did!

Tune in Wednesday at 9 p.m. EST/PST on the W Network and be sure to visit *smartcookies.com* for more tips.

Parents beginning to bank on son's education costs

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

A typical Canadian university could cost between $30,000 and $70,000 for a four-year undergraduate degree.

Q After careful discussions with our financial planner, my wife and I decided to invest the cost of university tuition on behalf of my son for his future. Our financial planner estimates that within 20 years, we could accumulate more than $300,000 that my son would inherit. This would be our gift to him. How much tax will we pay and do you agree with this course of action?

-JOHN AND AMY

A Any child would be ecstatic to receive that amount of cash from their parents. The gift or inheritance will not be taxed in your son's hands, however you may be subject to tax at your marginal rate. Capital assets, such as stocks, real estate, mutual funds, etc., are deemed sold at fair market value when the title changes hands or when you pass away.

Investing for the future does not necessarily mean savings. Consider the cost of education as an investment and not money lost. Some parents would prefer to gift the value of education today and have their child reap the benefits in the future.

A typical Canadian university could cost between $30,000 to $70,000 (if your child studies away from home) for a four-year undergraduate degree. Some post-graduate degrees will cost considerably more. Check into scholarships or student loans. A tuition credit can be claimed by students or partially transferred to a parent for tax purposes.

Aside from the monetary aspect, think about the emotional and intellectual value your child may either gain or be deprived. Money matters, but so do people.

Henry Choo Chong, CGA, provides accounting and taxation solutions. E-mail Money Matters: *choochonghcga@yahoo.ca.*

On the web

Columnist:

- Allan Small, FMA, explores what you can do to take advantage of oil prices in his column Investment Perspective, available online at *metronews.ca*.

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TICO

MLB
The Atlanta Braves placed two of their key players, third baseman Chipper Jones and starting pitcher Tim Hudson, on the 15-day disabled list yesterday. METRO NEWS SERVICES

Sports

Posada done for season

New York Yankees catcher Jorge Posada, left, will undergo season-ending surgery on his right shoulder. Yankees general manager Brian Cashman said he met yesterday with Posada, who was in "100 per cent agreement" to the surgery. A five-time all-star, Posada is expected to need about six months to recover from surgery. Metro News Services

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Lynch won't be disciplined by NFL

NFL Buffalo Bills running back Marshawn Lynch will not be disciplined by the NFL for pleading guilty in a hit-and-run case that injured a Canadian woman.

League commissioner Roger Goodell spoke at Bills training camp yesterday and said that because Lynch's case was reduced to a traffic violation, he was not in violation of the NFL's personal conduct policy.

Raptors bring in veteran Solomon

NBA The Toronto Raptors signed free agent guard Will Solomon yesterday.

The 30-year-old Solomon has played the past two seasons in Istanbul, Turkey. Last season he posted averages of 17.8 points, 4.4 assists and 3.2 rebounds in 13 games.

The Clemson University product originally entered the NBA after being selected 33rd overall in the 2001 NBA Entry Draft by the Vancouver Grizzlies.

Nuggets acquire forward Balkman

NBA The New York Knicks acquired guard Taurean Green, forward Bobby Jones, and a second-round draft choice in 2010 from Denver yesterday, in exchange for forward Renaldo Balkman and cash considerations.

Balkman averaged 3.4 points and 3.3 rebounds in 65 games for the Knicks last season.

Rapidz pound Surf in series opener

BASEBALL The Ottawa Rapidz continued their quality play last night, with an 8-3 win over the Surf in Atlantic City to leadoff the four-game series. After a slow start the Rapidz scored twice in the top of the fourth to take the lead.

The win goes to Adam Hawes who allowed just two earned runs, and struck out seven in 6⅔ innings. METRO NEWS SERVICES

LOTTERIES

Ontario Pick 3	4 9 6
Ontario Pick 4	3 6 9 4
Encore	0901772
Daily Keno	1, 3, 8, 12, 14, 16, 19, 20, 32, 37, 46, 48, 53, 54, 58, 60, 62, 63, 68, 70.

Results not official

Godfrey may be ready to bolt Jays

Team president may not seek contract extension after season ends

YorkReport

Marty York

marty.york@metronews.ca

Paul Godfrey's contract as president of the Blue Jays expires after this season and he isn't sure whether he'd like to remain in charge of the frustrated franchise.

"It'll probably be up to me," Godfrey told me in an interview yesterday, "but I haven't made up my mind if I want to keep doing this. I'm undecided."

It's been a turbulent season for Canada's MLB club, never having truly challenged in the AL East. Future Hall of Famer Frank Thomas and manager John Gibbons were both unloaded in controversial moves and general manager J.P. Ricciardi and his front-office crew almost certainly will be dumped sooner or later.

If Godfrey isn't back, sources suggest Jays owner Ted Rogers and his aides will pursue either Paul Beeston or John Tory as his replacement. Beeston, a former president of the Jays, is retired. Tory, a former commissioner of the CFL, is the leader of Ontario's Progressive Conservative party.

• Godfrey, incidentally, told me he has been inundated by letters from Canadian fans urging him to ask MLB to move his team to another division so that it can stand a fighting chance against less affluent opponents than the New York Yankees and Boston Red Sox.

"Won't happen," Godfrey said. "It would mean (MLB) would have to get another team to agree to move into our division — and who's going to want that?"

• The Yanks, naturally, keep spending and, after recently acquiring Richie Sexson and Xavier Nady, soon will obtain Jarrod Washburn and perhaps — brace yourself — Barry Bonds … From troublechild Manny Ramirez, who wants out of Boston: "I can play in Iraq if need be." … Pittsburgh management agreed to trade B.C. native Jason Bay to the Atlanta Braves on the weekend for four prospects but Pirates ownership vetoed the deal in the last instant … Another B.C. guy, Rich Harden, is a mind-boggling 0-1 since being dealt to the Chicago Cubs, even though he has 30 strikeouts and a puny 1.04 earned-run average in three starts and 17⅓ innings.

• Don't look now, but all four Western teams in the CFL are above .500 while all four Eastern squads are below .500 … The Saskatchewan Roughriders are a perfect 5-0 but six-point underdogs for their Saturday game against the 3-2 Stampeders in Calgary … The Hamilton Tiger-Cats, who are about to supplant Casey Printers (the CFL's highest-paid player at about $450,000 a year) with backup quarterback Richie Williams, are 10-point underdogs to the Alouettes for their Thursday game in Montreal … And from TSN's Glen Suitor, after the Riders' Gene Makowsky was penalized Sunday for a chop block: "That's frowned upon. It's one of those unwritten rules." Um, well, no, Glen, it's actually written — rule seven, section two, article seven. Thus, the penalty.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Top players set to battle for No. 1 ranking

TENNIS The Rogers Cup in Montreal could end on Sunday with a shake-up at the top of the women's world rankings with just 88 points separating No. 1 Ana Ivanovic from her Serbian compatriot Jelena Jankovic.

Russian Maria Sharapova, the former world No. 1, also sits only 202 points back and is ready to pounce if both Serbs falter.

Play was slow to get underway yesterday with rain causing five suspensions but action is sure to heat up later in the week when the top eight seeds enter the fray after first-round byes.

Jankovic, working her way back to full fitness from a knee injury, had an opportunity to nudge Ivanovic out of top spot last week by taking the title in Los Angeles but she lost in the semi-finals to Dinara Safina.

She will get a second chance this week on the Canadian hard courts and is confident her time at top will come.

"I am motivated," Jankovic told reporters yesterday. "Hopefully, my time will come.

"If it's meant to happen, it will happen. If you deserve it, you will get it.

"If you work hard, that hard work will pay off sooner or later. I want to become No. 1 and I want to win a grand slam. Those are my goals."

Jankovic will be counting on Ivanovic being a little rusty as she plays her first event since a third-round exit at Wimbledon.

But the French Open champion will be returning to a place that holds good memories having won the Canadian title two years ago in Montreal. REUTERS

ELSA/GETTY IMAGES

No. 9 seed Patty Schnyder of Switzerland was able to get past the wet weather that slowed down action on Day 1 of the Rogers Cup in Montreal yesterday. Schnyder advanced to the second round when China's Meng Yuan retired with an injury in the second set while down 7-6 (6), 3-2.

Selected first round results

- Tamarine Tanasugarn (Thailand) beat Olivia Sanchez (France) 6-3, 6-1
- No. 9 Patty Schnyder (Switzerland) beat Yuan Meng (China) 7-6 (6), 3-2 (retired)
- Anastasia Rodionova (Russia) beat Cara Black (Zimbabwe) 6-2, 6-2
- Michelle Larcher de Brito (Portugal) beat Vania King (U.S.) 2-6, 6-3, 6-3
- Virginie Razzano (France) beat Aravane Rezai (France) 6-1, 6-2
- No. 10 Marion Bartoli (France) beat Melanie South (Britain) 6-3, 6-7(5) 6-0
- Dominika Cibulkova (Slovakia) beat Elena Vesnina (Russia) 6-1, 6-1

Burnett gets 10Ks in Jays win

BLUE JAYS 3 RAYS 1

MLB A.J. Burnett struck out 10 over seven strong innings last night, outdueling James Shields in a 3-1 win for the Toronto Blue Jays over the Tampa Bay Rays in the opener of a three-game set.

Burnett

Burnett (12-9) allowed only one run on six hits with four walks for Toronto, which has won six of seven. The right-hander matched his career-high for wins in a season.

Canadian Matt Stairs' two-run homer in the fifth inning was the big blow for Toronto, which made the most of its five hits.

Shields (9-7) gave up three runs on five hits in 7⅓ innings, striking out five with no walks to take the loss for the Rays. An RBI groundout by Carlos Pena provided the lone run for first-place Tampa Bay, which left nine runners on base as it lost its second straight.

METRO NEWS SERVICES

Sundin closes in on deadline

Almost four months after the season ended, we should find out this week whether Mats Sundin will continue his NHL career.

Where he plays — if the 37-year-old indeed decides to return — might take a little longer; wouldn't want to rush things after all.

Sundin

"Hopefully, we'll know whether he's going to play or not. It might take a little longer to figure out the team situation," Sundin's agent, J.P. Barry, said.

"I'm just waiting for him to say for sure that he wants to play. That's still step one."

Barry and Sundin have arrived at what the agent called a "soft deadline" of Friday to make that first key decision. Barry said Sundin will need the time after that to physically prepare for training camp if he does not retire.

"I just think he's looking for that internal feeling he needs to have to play at the level he wants to play. He doesn't just want to be a player, he wants to be a dominant player," Barry said.

Toronto Maple Leafs general manager Cliff Fletcher has been in email contact with his former and possibly future captain but said that hasn't given him any insider knowledge on Sundin's intentions.

"He's not tipping his hand," Fletcher said. "He is who he is. He's determined he's going to do things his way. You've got to respect that for the career he's had in Toronto over the last 13 seasons."

TORSTAR NEWS SERVICE

Sports in brief

NHL The Ottawa Senators signed goaltender Jeff Glass to a one-year, two-way contract yesterday. Glass, 22, played last season with Ottawa's American Hockey League affiliate in Binghamton, N.Y. In 46 games, he posted a 15-20-4 record with a 2.88 goals-against average and .913 save percentage. The Calgary native was selected by the Sens with their third third-round pick in the 2004 entry draft. METRO NEWS SERVICES

NHL The Florida Panthers agreed to terms on a one- year contract with restricted free-agent defenceman Jay Bouwmeester yesterday. The 24-year-old registered 15 goals and 37 points in 82 games for Florida a season ago. He ranked first in average time on ice amongst all NHL players with almost 27 1/2 minutes per game. Bouwmeester has 38 goals and 161 points in 389 NHL games. METRO NEWS SERVICES

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	61	44	.581	—
Boston	61	46	.570	1
N.Y. Yankees	58	47	.552	3
Toronto	54	52	.509	7½
Baltimore	50	55	.476	11

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	59	45	.567	—
Minnesota	58	47	.552	1½
Detroit	53	52	.505	6½
Kansas City	47	59	.443	13
Cleveland	46	58	.442	13

WEST DIVISION

	W	L	PCT	GB
L.A. Angels	65	40	.619	—
Texas	54	51	.514	11
Oakland	53	51	.510	11½
Seattle	39	65	.375	25½

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
N.Y. Mets	57	49	.538	—
Philadelphia	56	49	.533	½
Florida	56	50	.528	1
Atlanta	49	56	.467	7½
Washington	38	67	.362	18½

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	61	44	.581	—
Milwaukee	60	45	.571	1
St. Louis	59	49	.546	3½
Cincinnati	50	57	.467	12
Houston	49	56	.467	12
Pittsburgh	49	57	.462	12½

WEST DIVISION

	W	L	PCT	GB
Arizona	53	51	.510	—
L.A. Dodgers	52	52	.500	1
Colorado	48	59	.449	6½
San Francisco	43	61	.413	10
San Diego	41	65	.387	13

YESTERDAY'S RESULTS

AMERICAN LEAGUE

Baltimore 13 N.Y. Yankees 4
Cleveland 5 Detroit 0
L.A. Angels 7 Boston 5
Minnesota 7 Chicago White Sox 0
Toronto 3 Tampa Bay 1
Seattle at Texas
Kansas City at Oakland

NATIONAL LEAGUE

Florida 7 N.Y. Mets 3
Houston 5 Cincinnati 4
Pittsburgh 8 Colorado 4
St. Louis 12 Atlanta 3
Chicago Cubs at Milwaukee
Arizona at San Diego
San Francisco at L.A. Dodgers

TONIGHT'S GAMES

AMERICAN LEAGUE

L.A. Angels at Boston, 7:05
Baltimore at N.Y. Yankees, 7:05
Detroit at Cleveland, 7:05
Tampa Bay at Toronto, 7:07
Seattle at Texas, 8:05
Chicago W. Sox at Minnesota, 8:10
Kansas City at Oakland, 10:05

NATIONAL LEAGUE

Colorado at Pittsburgh, 7:05
N.Y. Mets at Florida, 7:10
St. Louis at Atlanta, 7:10
Philadelphia at Washington, 7:10
Chicago Cubs at Milwaukee, 8:05
Cincinnati at Houston, 8:05
Arizona at San Diego, 10:05
San Francisco at L.A. Dodgers, 10:10

AL BATTING LEADERS

Name, team	AB	R	H	AVG
Kinsler Tex	435	88	143	.329
Rodriguez NYY	313	61	102	.326
Ordonez Det	340	47	110	.324
Mauer Min	328	64	105	.320
Pedroia Bos	433	72	138	.319
Morneau Min	396	63	126	.318
Dye ChiW	372	65	117	.315
Damon NYY	336	54	106	.315
Bradley Tex	298	59	93	.312
Youkilis Bos	363	64	113	.311

NL BATTING LEADERS

Name, team	AB	R	H	AVG
Jones Atl	317	58	117	.369
Pujols StL	329	59	116	.353
Holliday Col	349	63	120	.344
Berkman Hou	366	83	126	.344
Nady Pgh	327	50	108	.330
Jackson Ariz	340	64	110	.324
Theriot ChiC	387	56	123	.318
Atkins Col	410	64	126	.307
Braun Mil	419	59	127	.303
Schumaker StL	357	62	108	.303
Hudson Ariz	357	49	108	.303
Guzman Wash	433	56	131	.303

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	2	3	0	4
Toronto	2	3	0	4
Winnipeg	1	4	0	2
Hamilton	1	4	0	2

WEST DIVISION

	W	L	T	GB
Saskatchewan	5	0	0	10
Calgary	3	2	0	6
Edmonton	3	2	0	6
B.C.	3	2	0	6

WEEK 6

THURSDAY'S GAMES

Hamilton at Montreal, 7
B.C. at Edmonton, 10

FRIDAY'S GAME

Winnipeg at Toronto, 7

SATURDAY'S GAME

Saskatchewan at Calgary, 8

BASEBALL

CAN-AM LEAGUE GAMES FEATURING THE OTTAWA RAPIDZ:

LAST NIGHT'S RESULT

OTTAWA 8 Atlantic City 3

TONIGHT'S GAME

OTTAWA at Atlantic City 7:05

Gymnastics

China's gymnastics team chief has denied that the country had falsified the ages of two of its squad members to allow them to compete at next month's Beijing Olympics. REUTERS

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Injured Hamm to miss Games

GYMNASTICS Olympic all-around champion Paul Hamm, winner of one of the most controversial golds in 2004, withdrew from the Beijing Games yesterday due to injury.

Hamm

Hamm was recovering from a broken bone in his right hand sustained in competition on May 22.

Italian champion fails doping test

CYCLING World road race champion Marta Bastianelli has failed a dope test, the Italian cycling federation said yesterday.

Bastianelli was due to take part at the Beijing Olympics but a spokesman for the Italian Olympic Committee said her participation was now unlikely. The Games start on Aug. 8.

Bastianelli tested positive on July 5 at the European under-23 championship in Italy. REUTERS

Sports in brief

SOCCER Barcelona striker Samuel Eto'o will not join the Cameroon soccer squad for the Beijing Olympics, official daily Cameroon Tribune reported. Coach Ndtougou Mpile had hoped to name the three-time African Player of the Year Eto'o, but he is not available.

SOCCER Barcelona will appeal to the Court of Arbitration for Sport if FIFA tells them to release Argentine forward Lionel Messi for the Olympic Games, club president Joan Laporta said yesterday.

ATHLETICS Sprinter Katerina Thanou was named yesterday to the Greek team for the beijing Olympics. Thanou still faces a disciplinary review by the International Olympic Committee to examine her eligibility for the Games. REUTERS

Tomorrow's lineup

IS IT WORTH IT? Only nine of 267 Canadian athletes at the 2004 Games won medals. Was it worth the effort for those who didn't? Read tomorrow's Metro for more.

9 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

GUANG NIU/GETTY IMAGES

A cyclist rides through Beijing's Forbidden City shrouded with smog. Beijing's poor air quality could be a major challenge for Olympic athletes at next month's Games.

Beijing full of challenges

Pollution, tainted food among issues facing athletes at Summer Games

SHERISSE PHAM
for Metro Canada

An elite international sporting event inevitably comes with host city baggage. Beijing is no exception — the Chinese capital has been criticized for everything from human rights practices to unsafe food.

For coaches and athletes travelling to the city for the upcoming Summer Olympics, dealing with issues that could negatively impact an athlete's Olympic experience remains an ongoing challenge.

"There are three big issues here — the heat, the pollution and the food," said Derek Evely, an athletics coach who co-trains Olympic athletes like defending 400-metre indoor champion Tyler Christopher and relay athletes Emmanuel Parris and Pierre Browne.

There is not much the city can do for thermometer readings — Beijing's average maximum temperature for August is about 30°C — but measures are in place to address their reputation for perennially grey skies. The city ordered neighbouring smog-producing plants to cease operation or drastically reduce emissions and took roughly half of all private vehicles off the roads this past Sunday, regulating numbers via odd- and even-numbered license plates.

But Megan Metcalfe, a track and field athlete and member of Canada's 2008 Olympic Team, viewed the pollution as a secondary problem. "Our team doctor has told us that there is nothing to panic (about), the pollution is only an irritant and should not have an effect on performance," she said. "I am more concerned about competing in the heat and humidity."

Most Canadian athletes competing in outdoor events will acclimatize to Beijing during a 2 to 3 week training camp in Singapore. To help combat the heat whilst in the host city, Evely and his colleagues are dishing out advice that sounds similar to suggestions a recuperating invalid might receive: Stay off your feet and stay indoors.

The food issue is trickier. Questionable local food made headlines last month when Chinese Olympian Ouyang Kunpeng told domestic media he accidently ingested the banned substance clenbuterol, a bodybuilding aid, after eating tainted meat at a barbecue. He was banned from competition for life.

Susie Langley, a dietician and Ontario representative of the Canadian Sport Centre, believes Canadian athletes will stay away from local meat entirely. "No athlete wants to train this hard to get to Beijing and then jeopardize testing positive from eating local food that might be tainted with steroids."

Langley works with swimmer Martyn Forde and sailing team members Gordon Cooke and Oskar Johanssen, all part of Canada's Olympic team. She advises athletes to avoid street vendors and anything that cannot be peeled or vegetables that may have been washed with contaminated water.

Despite the overwhelming concerns and even official travel warnings against China (Foreign Affairs and International Trade Canada advises Canadians to avoid non-essential travel to the country), expatriates in Beijing have their own opinions about the city's offerings.

Incoming athletes should "be prepared to be awed," said Toronto-born Richard Liu.

Liu heads the Canadians in China network and was recently appointed team attaché for the Canadian Paralympic Committee. While he admits the pollution is a pain and warns against accidentally buying fake bottled water from street hawkers, he prefers to steer visitors towards positive aspects.

"Don't miss out on the newly renovated Forbidden City, the Summer Palace and of course the Great Wall," he says, his enthusiasm rivalling that of a seasoned tour guide's. "(And) the food is so amazing today. There is even obesity among the local Chinese population!"

Dylan Budd, a lawyer who has lived in Greater China intermittently since 1999 was more outspoken on the smog.

"I definitely think pollution's the worst part about being here," he said. But like Liu, he is partial to the city's cuisine and hopes visiting athletes will "try some real Chinese food."

Budd sports a tall frame and sandy brown hair. For those travelling to Beijing who will stick out in a similar manner, he advocates tolerance.

"People yelling "hello" at you, asking to take their picture with you, staring, or commenting on the sharpness of your nose — they don't mean any harm by it," he said good naturedly.

Evely, the coach, believes local curiosity will not bother all the athletes.

"A 340-pound white guy walking around — he sticks out," he said, referring to a shot put athlete who will be travelling to Beijing in a few weeks. "He's a bit of a freak show in Canada too."

Smoggy city

- Haze-shrouded Beijing may take more cars off the roads and shut more factories if air quality remains a problem during the Olympic Games, state media said yesterday.
- The pollution has proved hard to shift days before athletes and visitors arrive, despite the implementation of two month even-odd car ban and temporary factory closures. REUTERS

Fruit juice truths
When buying fruit juice, read the label. Choose products with the word "juice" on them, to make sure you are getting B vitamins, potassium and other nutrients. Beverages that say "drink," "punch," "-ade," "cocktail" or "delight" on the label may have very little juice in them and a lot of sugar. CELIA MILNE

Health

Green tea beauty

Green tea is best known as a healthy drink, but did you know it also has positive benefits when applied directly to skin? Green tea has been observed to clear blemishes and other skin problems such as rashes. The leaves in green tea also act as an excellent exfoliant for the skin. Concentrated green tea extract can be applied directly to soothe, soften and cool. ALIVE MAGAZINE

HEALTH EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Weight loss diary

Recording intake proves successful: Study

It won't burn many calories on its own, but if you're looking to lose weight, the most important exercise you can do is to pick up a pen and write.

Dieters can increase their weight loss twofold by simply keeping a daily diary of what they eat, a large new U.S. study says.

"The more food records you keep, the more weight you lose," says psychologist Victor Stevens, senior investigator with the Kaiser Permanente Centre for Health Research in Portland, Ore. and a study co-author. "And the good news is that's a technique that anyone can use."

The study will be published in the August edition of the American Journal of Preventive Medicine. The 20-week study was part of a three-year research program that involved some 1,700 overweight people who were placed on fruit- and vegetable-rich diets.

Diet vs. Exercise

- Study co-author Victor Stevens says exercise pales in importance to diary keeping, especially in the early stages of weight loss. He says the study's goal was to reduce calories by 500 a day, far easier to achieve through dieting than exercise.

TORSTAR NEWS SERVICE

It showed that people who kept no daily food records lost an average of four kilograms, while those who kept six or more per week lost an average of eight kilograms.

Stevens says a diary makes it plain to dieters where it would be easiest to cut out calories. "You would think people would know ... where the extra calories are coming from, but they don't," Stevens says.

The diaries were simple tabulations of what you ate, the quantity, and the calories each item contained, Stevens says. "And you look at that list and say 'Well, wow, I can reduce the calories in my lunch, that would be easy.'

"Then they develop plans to deal with that. And that's a critical part of the process. You need a specific plan of action, rather than some vague notion that you'll just eat less."

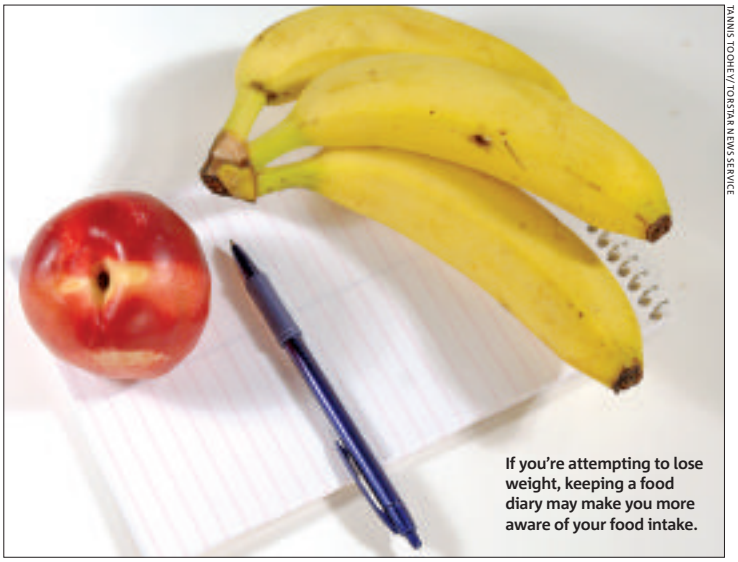
And keeping track of food intake as the day goes on also allows dieters to see how well they are keeping to their plans, Stevens says.

Stevens also says dieters who attempt weight loss within a social network are also much more successful at dropping excess pounds.

The study found that each social session study dieters attended — where they would discuss their successes and failures — was worth 0.3 kilograms in extra weight loss.

Stevens says discussing plans and showing your diaries, and the failures they may contain, to others can actually guilt people into significantly greater weight loss.

TORSTAR NEWS SERVICE



If you're attempting to lose weight, keeping a food diary may make you more aware of your food intake.

TANNIS TOOHEY/TORSTAR NEWS SERVICE

It's not your age that matters, it's how you celebrate it

HineSight

Anne Hines

Shine the tiara, break out the sugary grocery store cake iced in colours not found in nature, fire up those candles — it's my birthday!

Forget the, "I don't want anyone making a fuss" nonsense. Birthdays are an excuse to be Diva for a Day. And, with a little thought, any mere birthday can be turned into a week-long celebration. You-fest! Youarama! Here's a simple planning guide:

Five days before birthday: The announcement.

Begin to casually drop reminders to family and coworkers. I.e.: "I was thinking of scheduling a meeting next month and then I realized that this Friday is my birthday." It doesn't have to make sense. It just has to convey the message. Kind of like men's aftershave ads.

Four days before: Start getting in the mood.

Begin by reviewing your accomplishments. This year, mine are a) I'm still standing, and b) Neither of my daughters is currently in a van headed to Mexico with a guy named "Snake." It helps not to set the bar too high.

"Forget the, 'I don't want anyone making a fuss' nonsense. Birthdays are an excuse to be a Diva for a Day." Columnist Anne Hines

Next, make a list of goals for the year ahead. Anything I don't achieve goes onto next years list. This accounts for such items as "Marry David Cassidy," and "Buy Enron stock."

Three days to go: Prep for being a year older.

Repeat, "I gracefully accept the changes in my body." Then laugh yourself silly and go buy expensive face cream.

Two days to go: Check party plans.

There is a reason to share this important event with friends and family. They give you stuff. Remember the saying, "It's better to give than to receive." Your birthday is a way of letting your friends have the fun part.

You may wish to provide tips about gift giving, particularly if you have men in your life. Such as, "Good things come in small packages" does not mean you can give me drill bits."

The big day! Let loose! Ask yourself, "What's life without adventure?" OK, safe, peaceful. But today's your chance to do something crazy and out of character. I don't mean calling your mother or paying your bills on time. And, if anyone suggests you act your age, just say, "Not today. It's my birthday."

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

ADVERTISING FEATURE

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Welcoming Dr. Faud Karim.

The Doctors and Staff of the Rideau Dental Centre are pleased to welcome our newest member to our Dental Team, **Dr. Faud Karim.** Dr. Karim graduated from the Dental School at the University of Western Ontario. While attending Western, Dr. Karim was awarded both the **Fixed Prosthodontics Award and the American Academy of Periodontics Award,** demonstrating his passion and dedication for the practice of dentistry.

Dr. Karim is a general practitioner with a keen interest in **cosmetic dentistry, orthodontics and implants.** He is committed to **lifelong learning** and has taken a number of continuing education courses on all of these topics. It is Dr. Karim's intention to make continuing education a priority as he believes this allows him to deliver the latest knowledge, products and techniques to his patients, such as **Invisalign** invisible teeth straighteners.

According to Dr. Karim, quality **dentistry starts with respect for his patients.** He believes in patient education and feels that open communication is a key element to any treatment plan.

He is a dedicated family man, and loves sharing all that downtown Ottawa has to offer with his wife and six month old son. That makes him such a perfect fit for the Rideau Dental Centre. When he is not providing his patients with quality dental care, Dr. Karim plays competitive squash, and he enjoys skiing and biking along the beautiful Ottawa River with his family.

We are happy that Dr. Karim has brought his expertise and commitment to patient care to the Rideau Dental Centre. He is an excellent addition to our team and he looks forward to providing treatment to patients of all ages.

Robin Hood delayed

Production on the new Robin Hood film has been postponed indefinitely. Universal Pictures cited script concerns, location logistics and a potential actors' strike for the delay. **BBC NEWS ONLINE**

Entertainment

Going Mad

Johnny Depp is to play the Mad Hatter in a new version of Alice in Wonderland. The actor is teaming up with director Tim Burton for the re-imagining of the children's tale. FEMALEFIRST.CO.UK

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

international

Dark Knight tops global box office

MOVIES With the new X-Files movie off to a shaky start internationally, The Dark Knight had little trouble dominating the foreign box office for a second weekend.

The Batman sequel earned an estimated $65.6 million US from 51 markets, playing nearly three times the number of territories as in its opening weekend. The superhero comic book adaptation was No. 1 in 42 of its markets. Dark Knight's international gross rose to $126.3 million. **REUTERS**

celebrity

Lopez hew host of gossip show Extra

TV Mario Lopez is taking over as sole host of the Hollywood gossip show Extra, replacing Dayna Devon and Mark McGrath. Lopez will begin his new duties in September.

"Extra" veteran Devon will stay on as a special correspondent and backup host. McGrath is leaving the show to return to his band Sugar Ray. **REUTERS**

Horror king claws back

Robert Englund returns to big screen with Jack Brooks: Monster Slayer

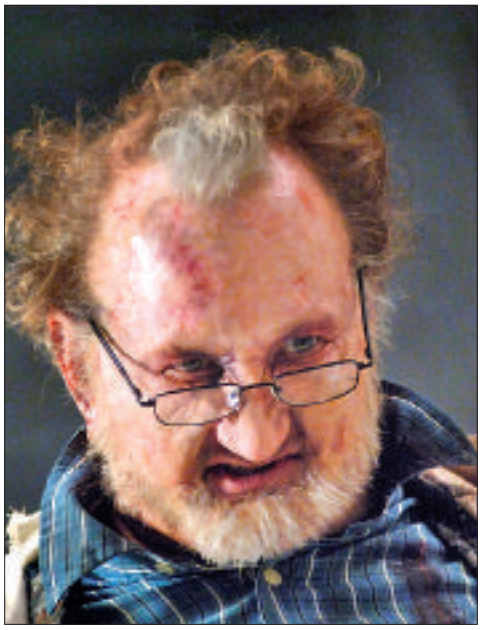
Horror has been very, very good to Robert Englund. The man, who made eight appearances as the metal-clawed teen nightmare Freddy Krueger, is back in the genre that elevated him from budding classical actor to international horror icon.

"I get a lot of teenagers going, 'Yo, Krueger,' and honking their horn and giving me the claw. Yeah, I'm recognized," Englund said, during a recent visit to Toronto to promote the upcoming movie Jack Brooks: Monster Slayer.

In the film, Englund plays Professor Crowley, an instructor to a classroom of young underachievers. His backed-up plumbing at his rundown country home unleashes an evil that gradually turns him into a multi-tentacled monster.

Englund said playing Freddy Krueger has given him the luxury to pick and choose his projects."The genre's been very, very good for me," he said.

"It's fun because now I'm able to read a script or see a submission film by someone like (Jack Brooks director) Jon Knautz, and say, 'God, this looks like fun,' ... and hop on a plane and work with some really gifted young people in Ottawa and have it turn out to be a terrific little retro experience," Englund said.



Robert Englund plays a professor with a dark secret in his new film.

The California native trained as a classical actor at Michigan's Oakland University where the Meadow Brook Theatre was at the time affiliated with the Royal Academy of Dramatic Art.

Along with his fellow thespians, the high-quality theatre emanating from Stratford, Ont., dazzled Englund. He recalls the group would occasionally pool money for gas, pile into a car and head to Stratford or Toronto back in the early 1970s. "I remember seeing Christopher Plummer in the pub once (in Stratford) and thinking, 'Omigod, this is where I want to be — I want a turtleneck ... and a corduroy jacket,'" Englund said, with a laugh.

"I get a lot of teenagers going, 'Yo, Krueger,' and honking their horn and giving me the claw." Robert Englund

"I would have been happy to have retired to Stratford and been a spear carrier," Englund said, until the politics — read: behind-the-scenes backstabbing – turned him off.

One night, while nursing a bottle of wine after a performance in Michigan, he caught Martin Scorsese's Boxcar Bertha on TV, realized he knew most of the crew on the film and decided to head back to California to try his luck on the silver screen.

Englund's first role — a sizeable one — was as Whitey in Buster and Billie, a southern-fried tearjerker starring Jan-Michael Vincent and involved wearing loads of skin-whitening makeup. (The character was albino.)

Next came a role in V, a TV miniseries in which Englund played a benevolent alien, a show that drew an international following.

While on hiatus, Englund agreed to do a "little movie" with horrormeister Wes Craven. "They released this Nightmare On Elm Street on the East Coast only, and without any hype or fanfare, it took off. And the rest is history," he said.

Englund enjoys Freddy Krueger's iconic status and the fact that the character has been the subject of various scholarly theses.

His friendship with other actors who encountered fame, only to see their careers later wither, allowed Englund to embrace the fame of playing a monster.

"I knew Gary Busey back then and Mark Hamill was sleeping on my couch and I watched the travails they went through with their success and I just decided to embrace it. I just decided to kind of go with the flow," Englund said.

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ALGONQUIN COLLEGE

In the director's chair

Robert De Niro wants to direct two sequels to his 2006 movie The Good Shepherd. The actor, who directed and starred in the film alongside Matt Damon and Angelina Jolie, thinks there is scope to do two followups to the CIA thriller. FEMALEFIRST.CO.UK

DVD picks

The Band's Visit

Director: Eran Kolirin
Stars: Ahuva Keren, Ronit Elkabetz, Sasson Gabai, and Khalifa Natour
Rating: PG-13

THE BAND'S VISIT, the charming film about a touring Egyptian police orchestra that winds up spending a night in the wrong Israeli town, begins with a humble disclaimer: "Not many remember this. It was not that important."

It's a perfect summary of precisely why writer-director Eran Kolirin's fairy tale works so well. There is no air of importance here. There is no attempt to manufacture Middle East peace. A group of Arabs cannot transform an Israeli town overnight. But what if a few Israelis and a few Arabs could achieve a glimmer of understanding between them? It makes for an almost believable fairy tale. There is chemistry among the three leads: the starchy police colonel and band conductor Tawfiq (Sasson Gabai), the younger, less repressed violinist Haled (Saleh Bakri) and the Israeli restaurant owner Dina (a mesmerizing Ronit Elkabetz, who appears to have escaped from an Almodovar film).

For a movie about an orchestra, there's an awful lot of silence in The Band's Visit, and it's used to beautiful effect, subtly underscoring cultural differences.

It's too bad the DVD is also silent on the background of the film. There's a short making-of featurette, but it tells us little about the cast, an intriguing mix of mostly Israeli and Palestinian actors. The film is fiction, but behind the scenes are two opposing cultures coming together.

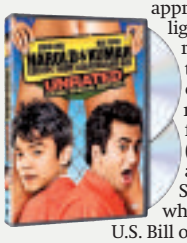
It may not be important, but more insight would surely be interesting to the many fans of this award-winning film.

TORSTAR NEWS SERVICE

Harold and Kumar Escape From Guantanamo Bay

Director: Jon Hurwitz
Stars: John Cho, Kal Penn, Rob Corddry
Rating: R

IN 2004, Harold & Kumar Go to White Castle turned the pursuit of late-night munchies into an Arthurian quest. This second road movie picks up right where White Castle left off, as our accident-prone duo — ethnic odd couple Harold (John Cho) and Kumar (Kal Penn) — find themselves heading to Amsterdam.



White Castle co-writers Jon Hurwitz and Hayden Schlossberg are back and the movie even features the return of Neil Patrick Harris, repeating his head-tripping horndog turn again for fun and plot expediency. The ante has been upped considerably this time, because Harold and Kumar are chasing freedom (and girls) rather than burgers (and girls).

Thanks to pothead Kumar's jonesing to join a different kind of Mile High Club, they manage to get themselves branded as fugitive terrorists pursued by an unhinged Homeland Security boss (Rob Corddry) and detained at Gitmo, though they soon escape.

Along the way the duo lampoon racial stereotypes of every stripe, taking no prisoners in their rainbow coalition of rude calamity. You'll only enjoy this movie if you can appreciate the lighter side of KKK rallies, presidential potheads, one-eyed rednecks, full-frontal nudists (of both genders) and Homeland Security fascists who mistake the U.S. Bill of Rights for toilet paper. But this is one of those rare pictures that can gross you out and make you think at one and the same time.

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Showtime revisits Studio 54 era

TELEVISION The 1970s era of disco, drugs and excess is coming back with Studio, a new Showtime drama centring on the iconic New York nightclub Studio 54.

Studio centres on flamboyant co-founder Steve Rubell and starts off in the months leading to the club's April 1977 opening. But Rubell will be the only real person featured, with the rest of the characters fictional or composites. (Mike Myers played the late impresario in the similarly themed 1998 feature 54, which struck out at the box office.)

"The show is less about the history of Studio 54 than it is about New York in the late '70s, what people were going through, the political and social issues," said Chad Hodge, who is writing the project for the cable channel.

"Studio 54 is the backdrop for exploring that."

REUTERS

IntelleVision
Rick McGinnis
... will return

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		196	311	7	CTV	eTalk	Jeopardy!	Canadian Idol	Robson Arms	Criminal Minds (HDTV)		Law & Order: SVU		News (N)
		208	303	8	CBC	Coronation St.	Just-Gags	Rick Mercer	22 Minutes	The Tudors "Episode 4"		CBC News: The National		The Hour
		-	360	9	NBC	Wheel-Fortune	Jeopardy!	Celebrity Family Feud		America's Got Talent (N)		Law & Order: SVU		News (N)
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		417	406	59	SC	Pinks (HDTV)	Pass Time (N)	Unique Whips		Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks
family		554	544	48	TEL	George-Jungle	Merrie Melody	Loonatics	6teen	Total Drama	Futurama	*The Mask* ★★★ (1994, Comedy)		
		557	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
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		521	560	34	TLC	What Not to Wear		Say Yes-Dress	Reception	Must Love Kids (HDTV) (N)		What Not to Wear: Behind		Ashley Paige
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		616	521	39	SHO	ReGenesis (HDTV)		Blue Murder		Trailer Park	Kenny-Spenny	CSI: NY (HDTV)		House
		620	523	40	BVO	Bazart	Bravo!Videos	Johnny Cash Live at Montreux 1994			Rhythm-Roots	Live at the Rehearsal Hall		Law & Order
		520	505	42	DIS	Daily Planet		Surviving Sharks (N)		Mighty Ships "Becrux" (N)		Deadliest Catch "Fresh Blood"		Daily Planet
		575	583	43	CMT	Canada Countdown		Beyond Chance		Reba	Hope & Faith	Home Improve.	Roseanne	CMT30
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		621	527	71	TLK	Look-A-Like	Hollywood	TMZ (N)	eTalk	Hollywood's Knocked Up		The Tonight Show-Jay Leno		eTalk
		603	561	95	FN	Grill It-Flay	Licence to Grill	Restaurant Makeover		HEAT-McEwan	HEAT-McEwan	Top Chef "Tailgating"		Restaurant

critics'corner

Surviving Sharks

Les Stroud of "Survivorman" fame throws himself into dangerous situations involving sharks. Granted, it's only dangerous if the sharks are hungry or you've ticked them off. So avoid dunking yourself in a vat of chum or insulting their mothers ("Your mama looks like shark bait!"). 8 PM on 42 DIS

NCIS

Disability? What disability? A blind man (guest star John Billingsley) inadvertently takes a photo of a petty officer's murder. That's about all the evidence that Gibbs (Mark Harmon) and his team have, but the photographer, being blind, has keener senses of hearing and smell than most sighted people, and he proves to be a big help re-creating the crime scene. Michael Weatherly also stars in "In the Dark." 8 PM

The godfather

Actors Brad Pitt and Angelina Jolie have reportedly asked U2 front man Bono to be the godfather of their newborn twins, Knox Leon and Vivienne Marcheline because they are impressed by his humanitarian work. Bono reportedly accepted. METRO NEWS SERVICES

Celebrity Buzz

Miley sort of apologizes

VIDEO DISS Miley Cyrus has somewhat apologized for mocking fellow Disney stars Selena Gomez and Demi Lovato in a YouTube video, the New York Daily News reports.

"If we offended them, we're super sorry," Cyrus told Popstar! magazine. "We were just, like, having fun, you know what I mean?"

The Hannah Montana star, 15, and pal Mandy Jirox recreated a video made by Gomez, 16, and Lovato, 15, on their Miley & Mandy YouTube channel.

In the video, Cyrus and Jirox make fun of a T-shirt worn by Gomez and a gap that Lovato, star of Camp Rock, used to have in her teeth.

Gomez, who appears on Disney's Wizards of Waverly Place, has been dubbed "The Next Miley Cyrus." She's also reportedly dating Cyrus' alleged ex, Nick Jonas.

But Cyrus maintains she was just kidding around on her video.

Lovato and Gomez have not yet commented on the video or quasi-apology.

METRO NEWS SERVICES

No enhancement for Keira

DIGITAL-FREE Actress Keira Knightley has refused to allow her bust to be digitally enlarged — because she is so proud of her body, imdb.com reports. Knightley, 23, reportedly dismissed studio bosses' suggestion to use computer trickery to boost her chest on publicity posters.

"She has insisted that her figure stay in its natural state. She is proud of her body and doesn't want it altered," a source told the Daily Mail.

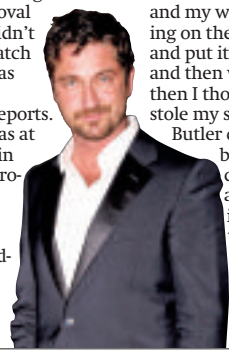
In 2004, Knightley was criticized when she appeared in publicity shots for King Arthur with digitally-enhanced breasts.

METRO NEWS SERVICES

Butler learns Comic-Con code

ITEMS RETURNED 300 star Gerard Butler has given the comic book geeks the seal of approval after they didn't claim his watch and glasses as souvenirs, imdb.com reports. The actor was at Comic-Con in San Diego promoting his new film RocknRolla when he suddenly realized his timepiece and sunglasses were missing. "It was madness," he said. "I was signing posters and my watch kept catching on them, so I took it off and put it between my legs and then walked off. And then I thought someone stole my sunglasses." But Butler didn't take comic book fans' code of conduct into account — the items were turned in to security by fans. He added, "This place is great."

METRO NEWS SERVICES



They're having babies

PREGGERS Rebecca Romijn-O'Connell and her husband, Jerry O'Connell, are expecting twins, their rep confirms to People.

The babies are due this winter. The parents-to-be were married in 2007.

Ugly Betty's Romijn, 35, recently told Self magazine she hoped to be "lucky enough" to have kids. Just last week, O'Connell, 34, told People, "We're trying to get pregnant." adding that practicing has been "a lot of fun."

METRO NEWS SERVICES

celebrity briefs

Winehouse rushed to hospital

HEALTH Singer Amy Winehouse has been taken to hospital, her spokesman said yesterday. He had no further details.

When asked about the incident, a spokeswoman for the London ambulance service said: "We did take the patient to hospital," after being called to an address in north London.

The 24-year-old star, whose battle against drug addiction in recent months has overshadowed her recording successes, has a home in Camden, north London.

REUTERS

Moss back with beau, plans for second child

MOTHERHOOD Kate Moss is apparently planning to have another baby with on/off boyfriend Jamie Hince, femalefirst.co.uk reports.

The supermodel recently split from the Kills guitarist over her desire to get pregnant, reports the Mirror.

However, the couple have since reunited after Hince reportedly changed his mind.

The pair are now on a make-or-break holiday in Ibiza.

"Kate is keen to have another baby before Lila Grace gets any older," a source said. "She doesn't want her to grow up a single child … But it has become a real sticking point between her and Jamie.

"She thinks he will be a great dad — but he has been unsure whether he's ready for such a huge commitment," the source added. "They had a short break to clear their heads. But after Hince spoke to some of his friends about his dilemma, he is coming round to thinking a baby with Kate wouldn't be a bad thing. He agreed to go to Ibiza with her for a break before he goes on tour to see how they get on. No one would be surprised if Kate comes back pregnant."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

celebrity briefs

Love gives credit for weight loss …

SLIMMING DOWN Courtney Love has credited hypnotist Paul McKenna as the reason for her dramatic weight loss, femalefirst.co.uk reports. The singer has been seeing the weight-loss guru, who wrote I Can Make You Thin. However, Love's friends are worried she is now dangerously thin. "She is skeletal now," one told the Daily Mail.

METRO NEWS SERVICES

… while Damon tries to box it off

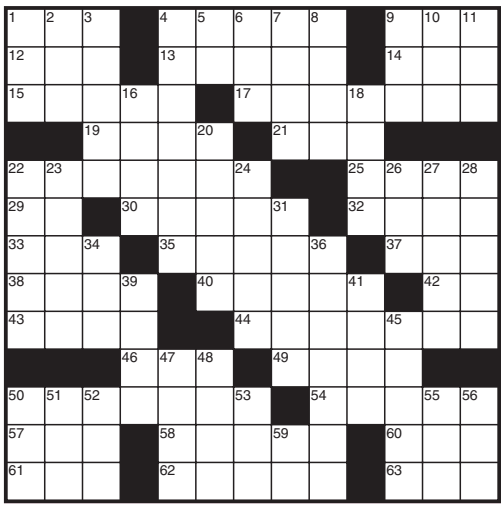
POUND-FOR-POUND Matt Damon has taken up boxing to lose weight, femalefirst.co.uk reports. The actor admits it is tough to lose the excess pounds he gained for the movie The Informant. Damon, who was named People magazine's Sexiest Man Alive in 2007, laughed: "Now I'm the Sexiest Man Alive's chunky cousin!"

METRO NEWS SERVICES

Grammer checks into hospital

Actor Kelsey Grammer has been hospitalized in New York after feeling faint — just a month after he suffered a near-fatal heart attack. The actor was taken to a medical centre in the city on Sunday night, and is expected to be released today. IMDB.COM

Take Five



Crossword down

1 Zig's opposite
2 Si, to Maurice
3 Volunteer
4 Flower parts
5 Plural indicator
6 Rattlesnake kin
7 Reproaches oneself for
8 "One For My Baby" singer
9 Nest-egg letters
10 Nonrusting metal
11 Being quick to learn
16 Tiny amounts
18 Speckles
20 Health-club fixture
22 Wedge
23 Of durable wood
24 Props
26 Idle chatter
27 Fluff feathers
28 Prime-time hour
31 Patronizes a restaurant
34 Witness
36 Bleach
39 Medieval laborer
41 Kuwaiti leader
45 Send via modem (hyph.)
47 Brand for Bowser
48 Retail center
50 One, to Fritz
51 Playing card
52 Some whisky
53 Mattress extra
55 Pigeon talk
56 Space widths
59 "Tao — Ching"

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Crossword across

1 Busy place, slangily
4 Cultured gem
9 Make — — double
12 — Wiedersehen
13 Newsstand buy
14 Pull apart by force
15 Freebies
17 Locket
19 Refreshments
21 — Tome
22 Sweet liqueur
25 Variety
29 Laugh syllable
30 Fishtailed
32 Bombay attire
33 Authorizes
35 Aquarium denizen
37 Barrel
38 So-so grades
40 Singer — Lennox
42 Short query
43 Trouser part
44 Part
46 Barnyard animal
49 Wedge
50 Cap feature
54 Track down
57 Slick
58 Pitcher's target
60 Kind of microscope
61 Once named
62 Bygone
63 — Gatos, Calif.

previous day's answer

P	A	L		R	I	G	O	R		F	E	Z
A	L	I		O	M	A	H	A		I	R	E
R	E	C	O	U	P		M	I	R	A	G	E
		H	O	T		I	S	L	E	S		
D	E	E	P		E	R		S	E	C	T	S
I	N	N		A	T	O	M		S	O	H	O
A	D		S	U	R	N	A	M	E		I	L
L	O	L	A		E	I	R	E		M	E	T
S	W	I	N	G		N	C		F	I	F	I
		S	T	I	N	G		B	O	X		
F	A	T	A	L	E		A	U	B	U	R	N
A	D	E		D	W	A	R	F		P	O	E
B	O	D		S	T	I	F	F		S	T	A

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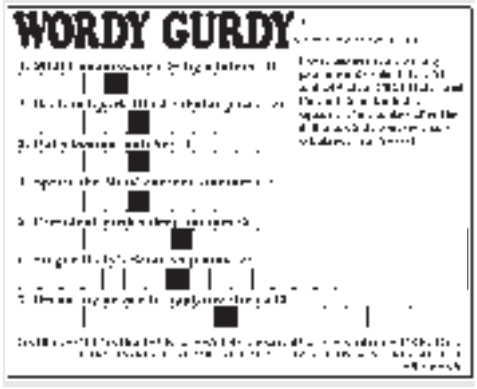

This day in history

JULY 29, 1899: The First Hague Convention is signed.
JULY 29, 1921: Adolf Hitler becomes leader of the National Socialist German Workers Party.
JULY 29, 1948: The Games of the XIV Olympiad — After a hiatus of 12 years caused by World War II, the first Summer Olympics to be held since the 1936 Summer Olympics in Berlin opened in London.
JULY 29, 1981: Marriage of Prince Charles to Lady Diana Spencer.

Sudoku

INSTRUCTIONS:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

6	2	8	4	9	1	7	3	5
7	5	3	8	6	2	9	1	4
4	1	9	5	3	7	8	2	6
9	3	6	2	8	4	1	5	7
2	7	5	3	1	6	4	8	9
8	4	1	7	5	9	2	6	3
1	9	7	6	2	5	3	4	8
5	8	2	9	4	3	6	7	1
3	6	4	1	7	8	5	9	2

SOLVE TIME IN MINUTES:
Under 13 . . . . . Genius
13-17 . . . . . Scholar
17-21 . . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practicing

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Something of value is in your home. A confession will come from a dim-wit. A kind person may cause a loss of enthusiasm.

TAURUS
APRIL 21-MAY 21
Someone demands that you get home earlier. Continue trying to co-operate. An stranger will arrive and be appealing.

GEMINI
MAY 22-JUNE 21
You're getting ahead in your work, but a crisis will arise. A colleague demands that you make a suggestion. All ideas will be fruitful.

CANCER
JUNE 22-JULY 22
You'll feel that only you can show maturity. Demand more from others. You can anticipate when somebody will begin to infuriate you.

LEO
JULY 23-AUG 23
People will notice you heading in the right direction. Put the phone down and get to work. You're in for a romantic reversal.

VIRGO
AUG 24-SEPT 22
Someone will disagree with a travel companion. You must be nimble when necessary. A proper lover will throw in the towel.

LIBRA
SEPT 23-OCT 23
A dramatic friend will miss the point. A negative experience is just fate teaching humility. A man draws attention to your efforts.

SCORPIO
OCT 24- NOV 22
Be honest when discussing unexpected gains. Have a story ready when a wretch frustrates plans. A sibling has a fated meeting.

SAGITTARIUS
NOV 23- DEC 21
Someone's child will leave town for a while. A rejection will drag in some good luck. Expect confusion around food issues.

CAPRICORN
DEC 22-JAN 20
An insincere relative needs professional attention. Avoid arguing about your appearance. Wear navy blue to an evening meeting.

AQUARIUS
JAN 21-FEB 18
A relationship will find closure. Expect flattery concerning a romance. A boss from the past wants another chance — just say no.

PISCES
FEB 19-MAR 20
You can trust a woman's practical support. A home is all stirred up by arguments. Children will be very touchy.

8				9				1
	3			7			6	
7			5		2			4
5		9				4		7
		3	4		7	5		
1		4				6		3
9			2		1			6
	5			4			8	
6				3				5

Ottawa weather

Afternoon	Tonight	Wednesday	Thursday	Friday
Variable. 25°	Partly cloudy. 17°	Showers. 26°/ 17° 80%	Showers. 26°/ 16° 60%	Partly cloudy. 26°/ 17°

The Weather Network theweathernetwork.com

Temperature
Normals
High: 26.4°
Low: 15.5°

Records
High: 33.3°/1949
Low: 8.9°/1956

Sunrise: 5:44 a.m.
Sunset: 8:33 p.m.
Moonrise: 1:56 a.m.
Moonset: 6:50 p.m.

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STEPHENIE MEYER'S

breaking dawn

Midnight Masquerade Event

Friday August 1st

- Come dressed in your best costume
- Take part in exciting activities
- Enjoy Edward and Jacob themed refreshments
- Get your copy at the stroke of midnight

PLUS

Bring your cell phone to play our text message trivia game and you could **WIN the first copy of *Breaking Dawn*!***

Get a **call from Stephenie Meyer!**

Text DAWN to 777 777†

†Standard text message rates apply.

Chapters | Indigo | COLES

Event being hosted by select Indigo, Chapters and Coles stores with activities varying between stores.
For participating stores and start times, visit chapters.indigo.ca/stepheniemeyer or call your local store for details.

*Contest open to Canadian residents (excluding Quebec) in attendance at event. One Breaking Dawn book, with an approx. retail value of $23.99, will be awarded to an individual at the event via random draw. Standard text message rates shall apply to trivia game participation.